



COOKING CLASSES
AT SUR LA TABLE

SHRIMP TACOS FROM SCRATCH

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 1 pound medium-size shrimp, peeled and deveined

Produce

- 1 small head red cabbage
- 1 large carrot
- 1 jalapeño
- 6 limes
- 2 medium tomatoes
- 1 personal sized watermelon
- 1 bunch cilantro
- 1 bunch mint

Dairy

- 1/2 cup Mexican crema or sour cream
- 2 tablespoons unsalted butter, lard, or vegetable oil

Pantry Items

- Apple cider vinegar
- Honey
- Kosher or sea salt
- Black pepper in grinder
- Vegetable oil
- Granulated sugar
- Masa harina (see recipe for substitutions)

Dry/Canned Goods

- Chipotle paste or canned chipotle

Other

- Ice

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Paring knife
- 2 cutting boards

Hand Tools/Gadgets

- Mixing bowls (various sizes)
- Measuring cups and spoons
- Tortilla press (see recipe for alternate methods of pressing tortillas)
- Metal or heat-safe spatula
- Tortilla warmer or clean kitchen towel
- Tongs
- Wooden spoon
- Citrus juicer or reamer
- Microplane or zester
- Box grater

Cookware

- Cast-iron skillet or griddle
- Grill or grill pan

Appliances

- Blender

Tabletop

- Serving platter or plates for tacos

Other

- Plastic wrap
- Paper towels

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Handmade Corn Tortillas

1. If using butter or lard, melt 2 tablespoons of your choice and set aside.

Baja Shrimp Tacos with Lime Crema

1. Shrimp can be defrosted overnight in the refrigerator or placed in a colander and rinsed with cold water until thawed.
2. Wash and dry produce.

Watermelon Agua Fresca

1. Wash and dry produce.

FRESH HANDMADE CORN TORTILLAS

Yield: 12, 5 to 6-inch tortillas

Tortillas can be made simply with flour and water but adding a bit of fat greatly improves flavor and texture. Lard, butter, and oil will all yield great results, so use what is on hand or experiment with your favorite fat.

1 1/2 cups masa harina, plus more for dusting
1/2 teaspoon fine kosher salt
2 tablespoons fat (melted lard, butter, or vegetable oil)
1 cup hot water, plus more as needed

- 1. To prepare the masa:** To a large mixing bowl, combine masa, salt, and fat. Thoroughly combine by mixing with your fingers or a whisk. Slowly stream in water mixing with your hands or a wooden spoon until dough comes together into a ball. Turn dough onto a lightly floured surface and knead until smooth, about 1 minute. Divide dough into 12, 1-ounce portions and form each into a smooth ball. Place masa balls on a baking sheet, cover with plastic wrap and rest for 30 minutes.
2. After dough has rested, preheat a cast-iron skillet or griddle over medium-high for 5 minutes, then reduce heat to medium.
- 3. To shape dough:** If dough has dried slightly during resting, wet your hands and roll each ball again to moisten. Place dough between 2 sheets of plastic wrap and place directly in center of tortilla press. Press down firmly, then re-center dough and press again, repeating 1 to 2 more times or until tortilla is 1/8 inch thick. Transfer formed tortillas to a baking sheet and cover with plastic wrap. Shape several more tortillas.
- 4. To cook tortillas:** To preheated cast-iron skillet set over medium heat, place raw tortillas into pan, a few at a time. Cook tortillas until brown spots appear on bottom, about 1 minute. Flip tortillas and cook opposite side. Transfer cooked tortilla to a baking sheet and cover with a damp towel or plastic wrap to trap in heat and moisture. Press next batch of dough and cook in hot skillet. Once you get the hang of it, transfer pressed tortillas straight into hot skillet and start pressing next batch while cooking previous batch.
5. When ready to serve, reheat tortillas, wrapped in foil, in a 350°F oven for 10 minutes. Refrigerate tortillas tightly wrapped in plastic for up to 2 days or transfer to a plastic freezer bag and freeze for up to 2 months.

Corn Tortilla variations:

- If you do not have a tortilla press, use a cutting board wrapped in plastic wrap as a base, then roll out dough with a rolling pin. Alternatively, press tortillas using a flat-bottomed heavy skillet.

Masa Harina Substitutions:

- Masa Preparada (prepared masa dough).
- If you cannot find masa harina or masa preparade please purchase your favorite 4-inch flour or corn tortilla. Iceberg, green leaf, or bibb lettuce leaves also make great taco shells in a pinch.

BAJA SHRIMP TACOS WITH LIME CREMA

Yield: 8 tacos

Slaw:

1 1/2 cups shredded red cabbage
1/2 cup shredded carrot
1 medium jalapeno pepper, seeded and minced
2 tablespoons apple cider vinegar
1 tablespoon honey
Kosher salt and freshly ground black pepper

Lime Crema:

1/2 cup crema Mexicana or sour cream
2 teaspoons lime zest
2 teaspoons fresh lime juice

Shrimp:

1 pound (about 24) medium raw shrimp, peeled and deveined
1 tablespoon vegetable oil
1 tablespoon chipotle paste
1 teaspoon fresh lime juice

For serving:

8 corn tortillas
2 medium tomatoes, seeded and chopped
1 cup fresh cilantro leaves, roughly chopped
1 lime, cut into wedges

1. **To make slaw:** To a large mixing bowl, toss cabbage, carrots, jalapeno, vinegar, and honey together. Taste and adjust seasoning with salt and pepper. Set aside.
2. **To make lime crema:** To a small bowl, add cream, lime zest, and juice; whisk to combine. Taste and adjust seasoning with salt and pepper. Cover and refrigerate until ready to use.
3. **To grill shrimp:** Heat grill or grill pan over medium-high heat. To a medium bowl, add shrimp, oil, chipotle paste, and lime juice, toss to combine. Season shrimp with salt and pepper. Grill shrimp, turning once with tongs, until firm and no longer translucent, 1 to 2 minutes per side. Transfer grilled shrimp to a plate and heat tortillas on grill until warm, about 30 seconds per side.

4. **To serve:** Fill each warm tortilla with 3 grilled shrimp, a small amount of slaw, lime crema, diced tomatoes, and cilantro leaves. Serve with lime wedges and remaining slaw on the side.

Baja Shrimp Tacos variations:

- No grill pan? Cook shrimp in a cast-iron skillet.
- Substitute any of your favorite firm-fleshed fish like cod, salmon, or halibut in place of shrimp.

WATERMELON AGUA FRESCA

Yield: 4 servings

Agua Fresca, “cool waters” in English, is a light refreshing drink served throughout Mexico. Popular flavors include cinnamon and rice horchata, tart hibiscus, or seasonal fresh fruit like the one we created with watermelon and a hint of lime.

4 cups water

6 cups watermelon

1/4 cup lime juice, plus more to taste

1/3 cup granulated sugar, plus more to taste

1 cup fresh mint leaves

Pinch of kosher salt

1. Place all ingredients in the pitcher of a blender and secure with lid. Turn machine on and slowly increase speed to high. Use tamper to press ingredients into blades and blend until smooth. *(If the mixture is too thick to blend, add more water, a few tablespoons at a time, until the contents blend smoothly.)* Taste and adjusting seasoning with lime juice and sugar.

2. Serve immediately over ice.

Watermelon Agua Fresca variations:

- To make a spiked agua fresca: add 2 to 3 ounces of tequila, rum or vodka to each serving of aqua fresca.